

## Relating

**Obits  
for love  
gone  
wrong**

pg 7



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HALIFAX • THURSDAY, AUGUST 6, 2009

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## Celebrity Buzz

**Son calls  
O'Neal  
'vulture'**  
pg 18



## Blood samples may determine charges in crash

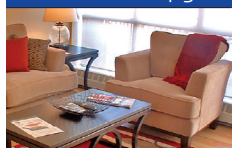
**FATAL COLLISION** It will be at least another week before police determine what charges a 54-year-old woman could face following a fatal collision late Monday afternoon in Cole Harbour that is suspected of involving alcohol.

Halifax RCMP spokesman Cpl. Joe Taplin said yesterday they have taken blood alcohol samples from the woman to be analyzed, with the results expected in about a week. When the results are known, Taplin said police will talk to the Crown about what charges may be laid.

The woman is alleged to have left the scene of one collision, then caused a second one nearby at the intersection of Cole Harbour Road and Forest Hills Parkway. The second crash killed 57-year-old Gary Erroll Pfinder of Cole Harbour.

METRO HALIFAX

## Metro Homes pg 10



## Travellers opt for suite life

## Take Five pg 19



## What's on the menu tonight

## Beerfest Raise a mug for the brew



Bruce Mansour, co-chair of the Halifax Seaport Beerfest, pours a beer at the Garrison Brewery yesterday. The third annual Beerfest, which will feature more than 140 beers and ciders, takes place Saturday with an afternoon and evening session. Story, page 3

## Sid the Kid playing part in Cup parade

**MATTHEW WUEST**  
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**HOCKEY** Sidney Crosby is doing what he can to make sure everybody shares in his celebration with the Stanley Cup.

Paul Mason, who heads the organizing committee for the Cup's visit to Cole Harbour tomorrow, has been talking to Crosby and his family on a daily basis in planning the event.

The Pittsburgh Penguins captain — who also celebrates his 22nd birthday tomorrow — has been hands-on throughout the process and doesn't want anyone to be left out.

"He's excited," Mason said. "He wants to be involved in it and he's not just going to show up and leave. The hard part, the challenge, is that he wants everyone to get a picture with the Cup, but realistically, it's not physically possible."

The parade begins at 2:30 p.m. at the Metro Link bus terminal on Portland Street and concludes at Cole Harbour Place. Eighty-seven lucky fans — selected via a ballot draw — will get their picture taken with Crosby and the Cup. Later on, there will be limited photo opportunities with the Cup in the Cole Harbour Place parking lot.



Sidney Crosby

# MacDonald to resign

'I've had a lot of time to think about ... the past 10 years'

**PHILIP CROUCHER**  
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**Rodney MacDonald is leaving provincial politics, six weeks after stating he had "no intentions of going anywhere" when he resigned as party leader for the Progressive Conservatives.**

The former Nova Scotia premier and longtime MLA for Inverness issued a news release yesterday stating he would be resigning his seat in the Nova Scotia legislature before the fall sitting of the house of assembly.

"I've had a lot of time to think about and consider the past 10 years," MacDonald

told Metro by phone from Inverness Co. "I have a young family — my son is only 11 years old, so I spent

most of his life on the road as an MLA, premier and cabinet minister. So I felt it was time for a change in that respect. "I've also had my opportunity over the past 10 years to contribute and hopefully I've given a little bit back to all the people who have given to me."

MacDonald was first elected to the provincial

legislature in July 1999 and served as premier for over three years until his minority government was handed

a decisive defeat by the NDP in June. The Tories won just 10 seats in that election, dropping them to third place behind the Liberals.

Since then, MacDonald's name has been linked to rumours he is set to receive a Senate appointment from Prime Minister Stephen Harper.

"This has nothing to do with anything — no jobs,

no appointments," MacDonald said. "It's simply a decision I made. I haven't even decided what I'll be doing. It has nothing to do with any of the rumours that are out there."

In regards to his legacy in provincial politics, MacDonald said he "would let others decide what I may have been able to contribute."

Liberal Leader Stephen McNeil wished MacDonald well, but said he wasn't surprised to see him leave. The day after the spring election McNeil and party officials began looking for candidates to run in an Inverness byelection, he said.

WITH FILES FROM PAUL MCLEOD

## The big question

• Rodney MacDonald doesn't have a definitive date on when he will step down, but told Metro, "If I was a betting man, by the end of September." When he resigns, a byelection will need to be called for the riding.

## Can your investment plan handle a 30-year retirement?

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A Canadian doctor and graduate of Dalhousie medical school pleaded not guilty in a Kentucky courtroom Tuesday to murdering his wife, Sydney native Isabel MacVicar Hall. Dr. Steven Hall, 46, is accused of killing his wife by running her down with a boat near their home in Harrodsburg, Ky. **TORSTAR NEWS SERVICE**

# Local



## Celebrating Jamaican Maroon

The Charles Town Maroon Drummers and Dancers from Jamaica will be holding three concerts and hosting drum workshops in the Halifax Regional Municipality today through Monday. Nova Scotia and Jamaica share a historical connection dating back several centuries, and this drum and dance group travels the world to showcase and celebrate the Jamaican Maroon centuries-old musical heritage and culture. For more information on the three concerts and when they are, visit [gov.ns.ca/ansa](http://gov.ns.ca/ansa). **METRO HALIFAX**

### Optimism on the rise, says CFIB

**BUSINESS** Optimism among small-and medium-sized businesses in Nova Scotia is the third lowest in Canada, according to the Canadian Federation of Independent Business and its own monthly business barometer.

Based on a scale between 0 and 100 — over 50 means owners expecting their business performance to be stronger in the next year outnumber those predicting a weaker forecast — Nova Scotia recorded an index of 58.6, a drop from 60.5 in June.

Other provincial findings to come from the CFIB's confidence survey found 32 per cent of businesses in Nova Scotia say the overall state of business is good, while 51 per cent say its satisfactory. Also, 11 per cent of businesses plan to decrease employment levels in the next three to four years, which is below the national average of 15 per cent. **METRO HALIFAX**

## One-stop baby registration

Nova Scotia becomes the first in Canada to streamline process

HILARY BEAUMONT  
for Metro Halifax

The provincial and federal government jointly announced yesterday that Nova Scotia parents are now able to register the birth of their newborn baby by using one application form.

Before, mothers and fathers needed multiple forms to apply for their baby's Social Insurance Number and Canada's Child Benefit Service.

"It's already made it easier because we don't have to worry about filling out extra forms, we just took care of it in the hospital room," new mother Lynn Bowen Avery said yesterday at the IWK Health Centre, holding her four-week-old son, Joshua. She has another child who is 18-months.

"It's hard to remember at this point," she said, thinking back to the old



Lynn Bowen Avery holds her four-week-old son Joshua at the IWK Health Centre yesterday. Joshua and his mom were on hand for an announcement of a new initiative which will reduce the amount of forms new parents have to fill out.

registration process. "I remember we had a lot of forms to fill out, and that

didn't seem to be the case this time." The new service is the

**"It's already made it easier."**

Lynn Bowen Avery

first in Canada and will cost the federal government about \$500,000 in tax dollars. But new mothers and fathers will not pay for the new service upfront.

"It is always good when we can make life easier for parents who already have to deal with a lot of things that come from having a new baby in the family," Ramona Jennex, Minister of Service Nova Scotia, said yesterday in a release, as the province won't be shouldering any of the bill.

Every child born in the province must be registered within 30 days of his or her birth in order to get a birth certificate, which is in turn needed to garner documents such as a passport, health card or driver's licence.

### Green party gets another chance

KRISTEN LIPSCOMBE  
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**POLITICS** The Green Party of Nova Scotia is getting another shot at handing an assignment in on time before being expelled by the province's electoral officer.

Christine McCulloch warned party representatives during a meeting yesterday morning that they had better file candidate expense reports by the Aug. 18 deadline if they want the Greens to be in her good books. The party has been under review since June for failing to file financial records on time.

"The next test will be: How are you going to perform with the next requirement for reporting?" Elections Nova Scotia spokesman Dana Doiron explained yesterday.

He said McCulloch and director of electoral finance Bruce Anderson hoped their meeting with party leader Ryan Watson and official agent Kathryn Herbert would show that "they've organized themselves in such a way that they would be able to meet their obligations."

"To be blunt ... there was no indication that significant changes have been made," Doiron said.

Nevertheless, McCulloch told them she won't decide on deregistration until she sees how they deal with the new deadline.

"They continue to be under review," Doiron said.

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WHAT'S ONLINE TODAY

**Video** A judge acquits Ottawa mayor Larry O'Brien of influence peddling charges, citing a less than credible witness at [metronews.ca/canada](http://metronews.ca/canada)

**Lotteries**

Lotto 6/49: 2, 5, 12, 31, 34 & 48. Bonus 44. These results are not official.

## Hyde's common-law wife testifies at inquiry

PAUL MCLEOD  
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**COURT** Howard Hyde was hospitalized but refused psychiatric help just months before his death, an inquiry heard yesterday.

Hyde, a schizophrenic off his medication, was Tasered by police in a struggle and died 30 hours later in jail in November 2007.

Just six months earlier,

in May, Hyde was arrested after being seen hanging from his common-law wife's balcony and threatening to harm the superintendent, according to a Nova Scotia Hospital treatment summary form.

Hyde may have been threatening suicide but he denied this.

Hyde was taken to Dartmouth General Hospital by police and then to the No-

va Scotia Hospital. Doctors wrote that the chances of his mental health symptoms improving and full functional recovery were poor.

"This man has a treatment-resistant disorder and has consistently refused interventions, e.g. rehab," reads the treatment summary.

Hyde refused psychiatric treatment and was discharged, though he said

he would see his family doctor.

The form also says Hyde's chances for re-hospitalization were elevated.

According to Hyde's common-law wife, Karen Ellet, at the time of his death Hyde had not been on his medication for about two months.

She said Hyde complained the drugs made him gain weight and caused impotence, she testified to the fatality inquiry into the man's death.



Howard Hyde

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# Man found after being reported missing

A 71-year-old man reported missing by his family was located by police and search and rescue team members Tuesday night. According to the Cheticamp RCMP, the man had been out berry picking and was overdue so his family contacted police. The man was located around 8:50 p.m. **CAPE BRETON POST**

local 3

## 'Celebration of all things brewed'

Three local microbrewers among 66 featured at Saturday's Seaport Beerfest

HILARY BEAUMONT  
for Metro Halifax



### Those who like it, will love this a lot.

People can raise a complimentary souvenir mug to bitters and bottle openers Saturday at the third annual Halifax Seaport Beerfest. As many as 2,000 beer lovers and brewers are expected to flood the Halifax waterfront with foam-filled glasses to say cheers to over 140 brands of beer.

"We just thought there

had to be a coming-together of all the beers in Nova Scotia in a one-day celebration of all things brewed," festival co-chair Bruce Mansour said.

The first BeerFest he and festival co-chair Brian Titus organized in 2007 included about 100 brands of beer from around the world, including some from Nova Scotia.

This year, all nine Nova Scotian breweries, including Halifax's Propeller Brewery, will join international breweries.

"We're relatively well

### Two three-hour sessions

- The Halifax Seaport Beerfest takes place from 2 to 5 p.m. and 7 to 10 p.m. Saturday.
- Individual tickets are needed for each session and can be purchased at select Nova Scotia Liquor Commission stores for \$35 in advance or \$40 at the door.
- There are 66 breweries scheduled to participate, including nine from Nova Scotia.

known around the beer crowd, but we hope to attract some new customers," said Propeller owner John Allen.

Allen will be representing one of three local microbrewers — Propeller, Sea Level and Rockbottom —

new to the Seaport festival.

"I'm cool with that," he said. "We've participated in a couple of these things in the past. There was one in Halifax years and years ago that didn't come back."

Mansour said he's excited to try beer from Gahan

House, the only brewery in Prince Edward Island, among other Canadian brewers.

"They're all different depending on the taste and flavours they try to create," he said.

Allen agrees this festival should focus on taste.

"What I would like from a beer festival, and I think they could learn something from the wine festivals, is the emphasis should be on tasting and appreciating different styles, rather than getting your money's worth."

## Officer hurt as car theft arrest made

**CUSTODY** An officer suffered minor injuries after Halifax Regional Police say a 25-year-old Whites Lake man driving a stolen car backed into an unmarked police vehicle as he tried to evade authorities in a parking lot off Brunswick Street in Halifax.

Police say the incident happened at about 4 p.m. Tuesday as officers from the Central Division Quick Response Unit saw a vehicle with a stolen licence plate in a parking lot. Police say a man was seen leaving the car, and when he returned to get back in, officers attempted to make an arrest. But that's when the man is alleged to have put the vehicle in reverse and smashed into an unmarked police car.

"When he saw police he slammed it into reverse and backed into the cruiser," said Const. Brian Palmeter of HRP. The man was eventually taken into custody after struggling with police in the parking lot, but not before extensive damage was done to both the stolen vehicle and the cruiser. One of the officers sustained injuries in the incident.

"I guess you'd call it soft muscle tissue damage," Palmeter said of the officer's injury. "It was minor. He was treated and released."

Officers also seized a quantity of crack cocaine during the arrest, police say. Justin Sooley appeared in Halifax provincial court yesterday facing six charges, including assault with a weapon, assaulting a police officer, resisting arrest and possession of stolen property. He was also issued two summary offence tickets for driving without a valid licence and driving without insurance.

PHILIP CROUCHER/METRO HALIFAX

## Police seek man in drugstore armed robbery

**INVESTIGATION** Halifax Regional Police are looking for a man who used a knife to rob the Lawtons Drugs on North Street in Halifax on Tuesday night.

Police say at about 8 p.m., the suspect entered the store, showed a knife to staff and demanded prescription medication. The suspect was given the medication, police say, and then fled on foot towards Gladstone Street. There were no injuries and a search of the area couldn't locate the suspect.

He is described as a white male in his mid-to-late 40s, around six feet tall and heavyset. The suspect is said to have a large nose, and wore a black button-up shirt, jeans, a black hat and a stocking covering his face.

METRO HALIFAX

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## AC/DC expected to rock 80,000 tonight

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Halifax's Dori Chandler wanted nothing more than to see AC/DC in Moncton, but says she couldn't afford the price tag of over \$100 a ticket.

Well, guess who's now going to the show tonight. As the 26-year-old early childhood educator was working at Kids & Company in Halifax on Tuesday, a parent presented her with a purchased ticket to see one of the world's greatest rock bands perform in the latest big summer concert for the Maritimes.

"When I hear the 'dong, dong' of Hells Bells, I think I'll shoot through the sky," proclaimed Chandler, who "jumped up and down and screamed" when she received her surprise ticket to the show.

Chandler is one of, no doubt, thousands of Nova Scotians who will make the trip to the New Brunswick city to see AC/DC perform tonight at Magnetic Hill. The concert is expected to draw about 80,000 fans, according to a story in the Moncton's Times and Transcript this



Singer Brian Johnson, left, and Angus Young of AC/DC perform during their Black Ice Tour on Oct. 28, 2008 in Wilkes-Barre, Pa. The rock band plays Magnetic Hill in Moncton, N.B., tonight.

week, the same figure that turned out to see the Rolling Stones perform at the site in 2005.

"Right now, Moncton is the biggest show on (AC/DC's) tour," Ken Craig, production manager for Donald K. Donald Events, told the New Brunswick newspaper Monday of the band's 2009 Black Ice Tour through North America.

Earlier this summer, over 50,000 fans came out to see both Paul McCartney and

### Still a chance

- Tickets are still available to see AC/DC in Moncton tonight at a cost of \$131.75 each, which includes service fees and taxes.

Kiss on the Halifax Common, while in late June Bon Jovi headlined an outdoor show in Moncton that drew about 25,000 people.

Chandler, who is originally from Chester, said

she knows of at least 20 people travelling to see the show from around the city, not to mention another busload of people going from her hometown.

And if this concert wasn't enough, Chandler is also looking forward to waking up tomorrow and heading back to Halifax to watch Sidney Crosby hoist the Stanley Cup at a parade in Cole Harbour.

"It's like the two greatest days ever," she said.



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An adult male appeared in Halifax provincial court yesterday charged with possession for the purpose of trafficking marijuana and breaching a recognizance order after Halifax Regional Police conducted a search of a vehicle early yesterday in Clayton Park. Police say the vehicle was initially pulled over for a traffic violation. **METRO HALIFAX**

# Be prepared, says Red Cross

## Household emergency kits should last for three days

KRISTEN LIPSCOMBE  
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**We may have been blessed with some sunny skies this week, but it's hard to know when Nova Scotia's weather might take a turn for the worst.**

That's why the Canadian Red Cross is reminding Maritimers to plan for potential natural disasters, which includes putting together an emergency kit that will last for at least three days.

Ancel Langille, the organization's manager of disaster services for Nova Scotia, said yesterday basic supplies include water, medication, canned food and a can opener, a flashlight and batteries, pet food and copies of important documents.

The Red Cross says most Canadians don't take the



Canadian Red Cross spokesperson Ancel Langille talks with reporters at the West End Mall Wal-Mart yesterday. The Red Cross is encouraging people to create a household emergency plan and assemble an emergency preparedness kit.

steps necessary to prepare themselves in case of emergency.

"After every disaster, it's easier to promote being per-

sonally prepared," Langille told reporters following the launch of an annual Red Cross fundraising campaign at the West End Mall Wal-

Mart on Halifax's Mumford Road. "They usually don't realize they need it until the disaster (has) struck."

Environment Canada meteorologist Herb Thoms said yesterday the outlook issued in May shows "near normal-slightly above normal" storm activity this hurricane season.

"They call for nine to 14 named storms and four to seven would be hurricanes," he said from Gander, N.F. But, he emphasized, "it's not the number that matters."

"It's just that you're prepared for the one hurricane or tropical storm that may come through," Thoms said. The National Oceanic and Atmospheric Administration (NOAA), an American agency, is expected to release another outlook on this year's storm season today.

# 73-year-old dead, 4 injured in crash

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A 73-year-old man died, a woman was seriously hurt and three other people also sustained injuries in a horrific two-car collision yesterday on Highway 102 at the Brookfield exit, police said.

Sgt. Al Affleck of Colchester County RCMP said paramedics, fire fighters and police rushed to the fatal collision just after 1:30 p.m. He said it appears a Chevrolet Silverado pickup truck crashed into the back of a Hyundai Accent, which ended up in a ditch.

The Kingston man who was behind the wheel of the Hyundai died at the scene, Affleck said, adding the female passenger was also badly injured. She was transported to Colchester Regional Hospital in Truro

**"We think the car may have overshot the exit and slowed down."**

Sgt. Al Affleck

along with two adults and an infant who had been inside the truck, he said.

Affleck said the preliminary investigation shows both vehicles were in the same lane travelling north. Road conditions were fine and alcohol wasn't a factor, he added.

"We think that the car may have overshot the exit and slowed down," he said of the Hyundai, but emphasized the cause hadn't yet been determined.

The northbound lane was closed for four hours and traffic was backed up from Stewiacke to Shubenacadie.

## News in brief

**CHARGES** A 30-year-old male from Debert has been charged in relation to a stolen truck that was found last week rolled and burning in a ditch. The 1997 Chevy pickup was stolen

overnight a week ago Tuesday from behind the Nova Scotia Community College campus in Truro. It was discovered later in the day smashed and burning in Debert. **TRURO DAILY NEWS**

# Dozens of headstones vandalized in Glace Bay

**CEMETERY** Vandals struck dozens of headstones at the Greenwood Cemetery sometime Saturday night or early Sunday morning in Glace Bay.

Cemetery chairperson Helen Grant said about 35 headstones were knocked over. "They were tipped over, right off the bases," she said. "I know at least one is broken, a cross someone made for a gravesite."

"You get sick to your stomach seeing this. We try to keep this peaceful for loved ones buried here and the ones who come to visit them."

Caretaker Basil McKinnon said he came to check the grounds at about 9 a.m. Sunday and was disheartened by what he found. He added the Cape Breton Regional Police Service is at the cemetery investigating.

**CAPE BRETON POST**

# Councillor blasts NSP over coal

**COAL** A county councillor says he's disappointed Nova Scotia Power has chosen to continue burning coal and is asking government to put a stop to it in the future.

Prompted by news of a new generator installed at NSP's Trenton Generating Station, Coun. Allister MacDonald successfully moved that council send a letter to the province requesting legislation stat-

ing "that NSP has 20 to 25 years to come up with another source of electricity for the province."

MacDonald represents District 10, which includes the community of Hillside, near the generating station. The veteran councillor said air pollution has been a problem in the area for decades in fly ash and other chemicals.

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**Tornado ravages Quebec town**

Mont-Laurier was savaged Tuesday by the strongest tornado to hit Quebec since 1994, according to Environment Canada, CBC News Online reported. **METRO NEWS SERVICES**

5

# Canada

## Ottawa mayor found not guilty

Influence peddling charges dismissed

TRACEY TONG  
Metro Canada

After reading a 21-page written decision in a packed room at the Ottawa courthouse yesterday, Justice Douglas Cunningham dismissed both charges against Mayor Larry O'Brien.

O'Brien was found not guilty on two charges of influence peddling which stemmed from allegations that he had offered to help Terry Kilrea obtain a position on the National Parole Board in exchange for Kilrea withdrawing from the mayoral campaign.

Cunningham said O'Brien may have made a rookie mistake, but "it is not an offence to want an opponent to withdraw from a political race, nor is it an offence to encourage an opponent to seek alternative employment," he said. "Were this an offence, there would be a



Ottawa Mayor Larry O'Brien, centre, gives a thumbs-up as he exits the courthouse yesterday after the verdict was delivered. Two influence peddling charges against O'Brien were dismissed.

need for many more jails."

During the trial, O'Brien's defence lawyer Michael Edelson had attempted to portray Kilrea as an unreliable witness who gave inconsistent testimony.

Cunningham agreed, saying that evidence supported O'Brien's version of the story that the appointment was a

dead issue after their initial July 12, 2006 meeting.

"I have no doubt he encouraged Mr. Kilrea to pursue an appointment," he said. "I am unable to conclude beyond a reasonable doubt that he committed a criminal offence ... Both charges are dismissed," he said, as the courtroom erupted in applause.

### News in brief

**WILDFIRES** A team of Alberta firefighters will suit up and ship out today, bound to battle hundreds of wildfires devouring B.C.'s interior. The deployment comes two months after hundreds of firefighters flooded Alberta forests, who battled lightning-sparked blazes that burned out of control.

**WIRELESS** Canadian legislators will hold an emergency day-long meeting tomorrow to examine the proposed sale of wireless assets from bankrupt Nortel Networks to Sweden's Ericsson, a deal that opposition parliamentarians say could be bad for Canada.

**SENTENCE** One-time Broadway impresario Garth Drabinsky was sentenced to seven years in jail yesterday and business partner Myron Gottlieb got six for their roles in a half-billion-dollar fraud in the 1990s at their theatre production company, Livent.

**CALGARY** Emotions ran high yesterday as relatives impacted by a horrific five-person traffic fatality read victim impact statements to a packed Calgary courtroom. **METRO NEWS SERVICES**

## Dropping 'New' may hurt NDP, expert says

**POLITICS** A proposed name change to make the storied New Democratic Party of Canada appear dynamic and modern looks certain to get lost in translation.

Just ask François Bayrou. The French politician changed his party's name in 2007 to the Democratic Party — the very name being proposed by some NDP members — and then very quickly changed it again to "Democratic Movement."

The reason? According to some observers, it was because the initials of the party name in French ("Parti démocrate") sounded like "pédé," an offensive term for gays that is short for "pédéraste."

"It's probably not an acronym you want to use for your party," said David Soberman, professor of marketing at the University of Toronto's Rotman School of Management.

Tinkering with a party brand can carry unintended risks, Soberman said yesterday. It evokes memories of another political rebranding misstep — CCRAP (the Canadian Conservative Reform Alliance Party), which lasted about 48 hours in 2000 before a quick fix ended the snickering.

The NDP's name change is up for debate next week in Halifax when delegates at a party convention will decide whether to drop the "New" from New Democratic Party.

Ditching the "New" would mean dispensing with the initials that have served the party well for decades, Soberman noted.

"The NDP as an acronym is, for the most part, how they are known," he said. "A lot of people know right away what the NDP is, what they stand for."

TORSTAR NEWS SERVICE

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Authorities in eastern India are distributing free radio sets to villagers so that they can listen to music and news to improve their awareness, officials said yesterday. Officials of Bihar state are distributing transistors among hundreds of "Dalits" or the former "untouchables" who remain oppressed at the bottom of India's ancient Hindu caste system. **REUTERS**

# World



## A-bomb attacks warranted: Poll

Sixty-one per cent of Americans believe the United States did the right thing by dropping the atomic bomb on Hiroshima and Nagasaki 64 years ago, according to a new poll. Older voters, men and Republicans favoured the attacks more than younger people, women and Democrats, the survey of 2,409 people by Quinnipiac University showed. **REUTERS**

## Killer wrote about shooting

**MURDERS** A gunman who killed three women and injured nine others before killing himself at a gym in suburban Pittsburgh wrote on his web page about years of rejection by women, struggles with alcohol, domineering family members and an earlier failed shooting attempt, CBC News Online reports.

The three women killed were Heidi Overmier, 46, of Carnegie; Elizabeth Gannon, 49, of Pittsburgh; and Jody Billingsley, 38, of Mount Lebanon.

The gunman was identified yesterday as George Sodini, 48. Authorities did not immediately confirm that the website belonged to Sodini, but the elaborate nature of the comments so soon after the shootings suggested authenticity.

On the site, Sodini listed his date of death as Aug. 4, 2009, and his status as "never married." The page ended with the words "Death Lives!"

**METRO NEWS SERVICES**

## Editor on trial over pictures

**ZAMBIA** A Zambian journalist went on trial for distributing obscene materials yesterday after she sent the vice president photographs of a woman giving birth. Chansa Kabwela, news editor at Zambia's The Post newspaper, was arrested last month after she sent selected senior officials images of the woman giving birth without medical assistance during a national health workers' strike over pay. "The vice-president was very annoyed to see such photographs," the vice president's secretary told the court. **REUTERS**

## 'Home and free'

**Two American journalists freed by North Korea tearfully reunited with their families in California yesterday while Washington tried to squelch talk of a breakthrough with Pyongyang.**

U.S. President Barack Obama said he was "extraordinarily relieved" at the women's return but insisted the way for North Korea to improve relations with the United States was to give up nuclear weapons and stop its belligerent behaviour. The release was secured by former President Bill Clinton in a meeting Tuesday with reclusive leader Kim Jong-Il, the first high-level U.S. contact with North Korea in nearly a decade.

Laura Ling, 32, and Euna Lee, 36, reporters for a cable television venture co-founded by Clinton's former vice president, Al Gore, arrived with Clinton at Burbank airport near Los Angeles aboard a private jet from North Korea. The two Current TV journalists were arrested on March 17 for illegally crossing into the North from China and had been reporting on the trafficking of women. They were both sentenced to 12 years of hard labour in June.

Ling thrust her arms in the air as the two beaming women descended from the plane in an emotional reunion with their families in an airport hangar. Lee hugged Hana, the four-year-



U.S. journalists Euna Lee and Laura Ling, top, arrive back to their families in California yesterday.

old daughter she had not seen for five months.

Ling said they both feared they could be taken to a hard labor camp when they were led instead Tuesday to a location where Clinton was waiting for them.

"We knew instantly in our hearts that the nightmare of our lives was finally coming to an end. Now we stand here home and free," she told reporters.

Clinton, who unsuccessful-

fully tried to halt North Korea's nuclear arms program in the 1990s, spoke briefly with Obama by telephone and will brief national security officials on his rare meeting with Kim, the White House said.

The Obama administration insisted it had not offered any sweeteners to North Korea in its nuclear standoff with the West in return for its release of the journalists. **REUTERS**

## Retrial in Russian murder may be halted

**RUSSIA** A Moscow court could halt the retrial of three men for the murder of Kremlin critic Anna Politkovskaya after prosecutors agreed yesterday the case should be merged with an investigation into who ordered the hit. The journalist's killing sparked outrage in the West, which saw the slaying of a vocal critic as a key test of the Kremlin's resolve to protect freedom of speech. The three suspects currently on trial were acquitted by a jury in February of being accomplices in the murder. But a higher court ordered a retrial, a decision criticized by Politkovskaya's family, who yesterday petitioned for the case to be sent to state prosecutors. If the trial judge rules in favour of the petition tomorrow, the case would be merged with an investigation into the person who ordered the killing. **REUTERS**

### Killing

• Anna Politkovskaya, who published exposes on rights abuses and corruption in Chechnya, was gunned down outside her apartment in 2006.

The man accused of pulling the trigger also remains at large. Her slaying tarnished Russia's image but the Kremlin has always denied any involvement in her death, saying it was an attempt to discredit Russia.

Vladimir Putin, Russia's president at the time of her killing, said Politkovskaya had "minimal influence" on Russian society.

But President Dmitry Medvedev, cultivating his image as a liberal, has been more outspoken in his support for openness and civil society since he came to power last May. **REUTERS**

## U.S. appears to soften support for Honduran leader

**COUP** U.S. policy on Honduras' political crisis is not aimed at supporting any particular individual, the State Department said in a new letter that implied a softening of its support for ousted President Manuel Zelaya.

The letter to Senator Richard Lugar contained criticism of Zelaya, saying he had taken "provocative" actions ahead of his removal by the Honduran military on June 28. The State Department also indi-

cated severe U.S. economic sanctions were not being considered against the de facto government of Roberto Micheletti.

"We also recognize that President Zelaya's insistence on undertaking provocative actions contributed to the polarization of Honduran society and led to a confrontation that unleashed the events that led to his removal," Richard Verma, the assistant secretary for legislative affairs, said in the letter. **REUTERS**

### News in brief

**IRAN** Mahmoud Ahmadinejad was sworn in as Iran's president yesterday in a ceremony boycotted by reformist leaders

and parliamentarians and marred by street protests over his victory. Riot police were out in force in nearby streets. Wit-

nesses said hundreds of supporters of Mir Hossein Mousavi gathered near parliament. **REUTERS**

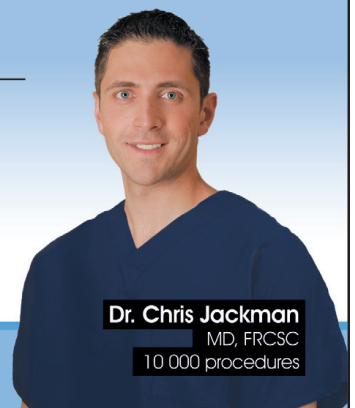
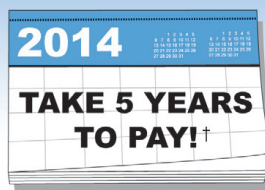
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## Comment

## The final resting place

Relationship obituaries can help people move on

## Relating

Steve Collins

metronews.ca/collins

History is said to be written by the victors, but sometimes it's written by its prisoners, those who just can't stop thinking about it.

Take, for example, Relationship Obituaries (relationshipobit.com), the website created by NPR reporter Kathleen Horan to give the lovelorn a place to eulogize their dead relationships, remember good times gone, chew over old grudges, or just try to figure out what went wrong.

More than 1,000 contributors have posted their sto-

ries online and Horan has gathered the best of them into a book, Relationship Obituaries: The Final Resting Place for Love Gone Wrong.

The idea of a relationship obit makes emotional sense. There is real grief in a breakup. It came to Horan as she dealt with the twin shock of her father's death and getting dumped by her boyfriend of three years. Writing her father's obituary seemed to help her make sense of things, so she wrote another one for her relationship.

"It was a goofy thing to do, but it made it feel real so I could finally cremate the thing and move on," she writes.

Moving on, however, seems to be a challenge for many of the site's correspondents, like the guy who wrote a 20-year-old lament for a fling that lasted 10 days.

## On the web

For more views on relating, go to Love Bytes at metronews.ca/blogs

As for taboos about speaking ill of the dead, or the revisionist politeness that creeps into all but the best obituaries, little can be detected. Obit and autopsy are rolled into one as contributors are encouraged to diagnose the cause of death. Anyone with an ex will recognize some of these assessments, not without the sting of truth but also bearing perhaps a whiff of self-service.

Since they are almost all written by one party to a relationship, they are necessarily one-sided affairs, and some really put the bitch, bitch, bitch in obituary.

Not that a lot of it doesn't sound justified. Utterly credible stories of

cheaters, abusers, boozers and losers abound, sometimes all in the same obit.

"The cause of our demise," writes one survivor, "was alcoholism, drug and sex addictions, infidelity, verbal and physical abuse, a complete lack of maturity, reasoning, rational thought or behaviour and a total disrespect for women."

Most of the writers seem to be women. This may or may not surprise you. It didn't surprise me. The freshly ditched man is, in my experience, less likely to spend weeks or months meticulously measuring and apportioning blame than he is to immediately gather buddies and beverages to convene a rigorous Irish wake for the deceased. It's just our way.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

## NEXT ON THE AGENDA: HOW RECENT RESIGNATIONS AFFECT THE PMO.



## Letters

### Student wants to gain valuable business experience

Re: Mentors help students appreciate hard work, (July 29)

I feel your article about our company Students for Spring Cleaning damaged my reputation and my good standing in this community. I have always been a good student, and have been employed with various jobs since I was 12.

Instead of describing my friends and I as responsible

and hard-working individuals, we came across as delinquents, which is simply not true. My role in this company is to gain valuable experience in business and help out the younger generation.

The reason I wrote this letter is to clear my name from the negative image this article bestowed upon my friends and I. I feel that I contribute to my community in various ways and do not want my reputation to be tarnished.

TOMMY FALKENHAM, HALIFAX

## Worth mentioning

## Women still spending during economic crisis

The desire to sport a different handbag for every occasion is shielding the largest makers of luxury leather goods from the economic crisis as women prove to be more consistent spenders than men.

Louis Vuitton and Hermes bags are still amongst the most sought-after luxury products compared with weak demand for

watches, a traditionally male-dominated sector.

Gender marketing expert Diana Jaffe said the uncertainty about jobs caused by the economic slump posed a threat to male identity, prompting men to cut back on spending. Meanwhile, women are taking steps to cheer themselves up with a treat.

REUTERS

## Views

## More to Hate about reality TV romances

## FourthWave

Canice Leung

metronews.ca/fourthwave

Meet Luke Conley. He's a great catch: He earns six figures as a real estate investor and is a homeowner at just age 26. He's ready to settle down — with one of 20 women on Fox's new reality show More to Love.

Luke sizes up at six-foot-three and 330 pounds. Luke's favourite activities? Eating (cue close-ups of him eating cheeseburgers). Luke's favourite food? "Anything thick and juicy." His gaggle of prospective mates are also chubby — but no matter, because as he said during last Tuesday's pre-

miere, he's attracted to "voluptuous, curvy women."

Over seven weeks, the women engage in the usual backstabbing, crying and hot-tubbing befitting reality TV, until a victor emerges with a ring on her finger.

More to Love is touted as the real woman's dating show — the average American woman weighs 162.9 pounds, stands five-foot-four and wears size 14, which isn't too far off from the contestants — but there's no shortage of ways to remind viewers these women are fat.

Contestant Danielle dejectedly describes her dating history: "Always the bridesmaid, never the bride." Their heights and weights are displayed on-screen. One 30-year-old confesses she's never been on a date. They weep endlessly

over rejections, exes embarrassed to be seen with them or how they will be alone forever — unless they snag their prize.

Like most dating shows, it sells the notion that the man makes the woman, and without them, their lives are "less-than" blank slates, upon which men can impress their positive influence.

Sound like a more humiliating version of The Bachelor? Then it's no surprise More to Love was created by The Bachelor's Mike Fleiss. Hell, when news of the show first emerged in May, the working title was The Fatchelor.

Fleiss admitted to Business Week that reality TV pushes style over substance. "People like to see the emotional roller-coaster of romance more than the completed romance," he said.

There's no shortage of style here: The camera unflatteringly catches Danielle from behind as she heaves herself out of a pool. The contestants mingle with Mr. Handsome, food and drink in hand. "I love me a stick of meat!" says Bonnie, wrapping her mouth around a kebab.

What are fat people but a curiosity? They're clearly not good enough for regular, non-fat dating shows, otherwise we'd see them outside this arena for mockery.

More to Love may purport to show real women as sexy, desirable beings, but producers turned them into objects as one-dimensional as the Barbies they're not.

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

Tell us your views by email to [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca) or comment on [metronews.ca](http://metronews.ca) or on Twitter @metrohalifax

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.







Canada up 26 in FIFA rankings

Canada has moved up 26 spots in FIFA's world rankings following its run at the CONCACAF Gold Cup. Canada is No. 66 on the list released yesterday after two wins and one draw at the Gold Cup before losing to Honduras in the quarter-finals. Brazil retained its No. 1 berth ahead of Spain and the Netherlands. **METRO NEWS SERVICES**

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# Sports



## NFL's new highest-paid player?

Eli Manning, left, has reportedly agreed to a new \$97-million US, six-year contract extension with the New York Giants that will make him the highest paid player in the NFL with an average salary of roughly \$15.3 million. A person close to the talks who asked not to be identified says Manning is guaranteed \$35 million under the deal that will keep him with the Giants through the 2015 season. **METRO NEWS SERVICES**

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## 'It's every girl's dream'

Justine Colley thrilled with helping Canada to best-ever finish

**MATTHEW WUEST**  
matthew.wuest@metronews.ca



**Justine Colley is not quite on top of the world, but she's close.**

The East Preston basketball standout returned home this week after helping Canada to a fourth-place finish at the FIBA world women's under-19 championships in Bangkok. She is ecstatic about the result, with good reason — it marked Canada's all-time best finish at the event by five places.

Colley, the fifth-youngest player on the roster, came off the bench at point guard and averaged 17 minutes a game along with four points, three rebounds and 1.25 steals.

"I can't ask for anything better," said Colley, a two-time most valuable player of the metro high school circuit with the Halifax Grammar Gryphons. "It's every girl's dream to play for her country and it feels great to do so well."

Canada went 3-3 in the round robin and edged past Australia 50-49 in the quarter-finals. But they lost 82-51 to the eventual champions, the United States, in the semifinals,



East Preston's Justine Colley helped Canada's under-19 women's team place fourth, its best ever finish.

and 58-51 to Argentina in the bronze-medal game. Although that game

slipped away — tied 50-50 in the dying minutes — the strong finish helped

**"The highlight was our ability to play as a team. Even though we weren't together for very long, we still came together and got the job done."**

Justine Colley

Canada climb one spot to 12th in FIBA's latest world ranking.

"The highlight was our ability to play as a team," the 18-year-old Colley said. "Even though we weren't together for very long, we still came together and got the job done."

Colley, who aspires to one day play for the senior national team, will now turn her focus to the Saint Mary's Huskies. Her experience at the FIBA level should serve her well as a freshman at the Atlantic University Sport level.

"At my age group not many ladies have had the opportunity to play at such a high level," she said. "It's an eye-opener and I think I'll be ready for anything that's thrown at me."

## Herd plan bigger camp than last year

**MATTHEW WUEST**  
matthew.wuest@metronews.ca



The Halifax Mooseheads have 63 players scheduled to report to training camp on Aug. 19 at Cole Harbour Place.

That number includes 17 players who skated in at least a game with the Mooseheads in 2008-09 as well as 20-year-old forward Yuri Cheremetiev, who is currently trying out for CSKA Moscow of the Kontinental Hockey League.

That's a big jump from the 48 at last year's camp, a move designed to push veterans for their roster spots.

"The bigger camp makes it more competitive," said Mooseheads head coach and general manager Cam Russell.

There are 19 invites at camp and the positional

breakdown is 33 forwards, 19 defencemen and 11 goalies.

A fighting ban has been lifted at this year's camp and practices have been axed. Five-on-five scrimmages will run 10 Russell



Cam Russell

a.m. to noon and 7 to 9 p.m. at Cole Harbour Place from Aug. 19 to Aug. 21.

The Mooseheads open the QMJHL pre-season in Cornwall, P.E.I., against the P.E.I. Rocket on Aug. 22.

For the complete camp roster and player statistics, visit Matthew Wuest's Q Files blog at: [metronews.ca/qfiles](http://metronews.ca/qfiles)

## Baseball Yankees beat Jays



Toronto Blue Jays Aaron Hill attempts to turn a double play over New York Yankee Johnny Damon during the third inning in Toronto last night. The Yankees won 8-4.

## Ruling will let Balsillie bid for Coyotes

**NHL** A Sept. 10 auction for the bankrupt Phoenix Coyotes "shall be open to any and all bidders" and not just those wishing to keep the team in Arizona, Federal Bankruptcy Court Judge Redfield Baum ruled yesterday.

That means Jim Balsillie, the Canadian billionaire and Research in Motion co-founder, will have his bid of \$212.5 million (all figures U.S.) heard along with two other bids for the NHL franchise. Baum earlier referred to Balsillie's offer as the "highest and best" of the three anticipated bids.

"From the time his bid was launched, Jim Balsillie has said that all he is asking for is a chance to bid for the Coyotes at auction through the bankruptcy court process on a level

playing field and let the best bid win. That's fair and transparent. It's the best outcome for creditors and for the future of the franchise," Balsillie spokesperson Bill Walker said in a statement.

"We think Jim Balsillie's bid will emerge the winner because it offers the best financial terms and the most solid hockey market in Hamilton."

Understanding that his ruling will be contentious, Baum has scheduled a hearing for Aug. 11 to examine all the issues surrounding the auction.

The NHL, for example, rejected Balsillie as a potential owner on July 29. The league's board of governors voted (26 against, three abstaining, one absent) to "disapprove" Bal-

### Other bids

• While the other bids are conditional, both Chicago sports mogul Jerry Reinsdorf and a group of Canadian and American investors known as Ice Edge Holdings are expected to make their bids official once they reach a lease agreement with the team's current arena.

sillie, the league noting that he "lacks the good character and integrity required" by the NHL's by-laws.

So this case, already overflowing with nastiness, is likely to get even uglier but Baum vowed the Coyotes will have a new owner by Sept. 11.

The Coyotes are scheduled to play their first exhi-

bition game on Sept. 15 but Balsillie insists, if awarded the franchise, he will be able to have it up and running in Hamilton for the coming season. The NHL says that is logistically impossible.

There has also been no ruling on whether Balsillie could break the Coyotes lease and there is also the sticky matter of compensation for the Maple Leafs and Sabres. So even if Balsillie is awarded the team, there remains much to be settled.

However, Hamilton mayor Fred Eisenberger called the ruling "exciting news."

"Clearly, we are closer to getting an NHL team than we've ever been before," he told the Hamilton Spectator.

**TORSTAR NEWS SERVICE**

### Sports in brief

**GOLF** Bedford's Irene Jung shot her second straight 9-over 82 yesterday to sit 36th at the Royale Cup Canadian junior girls golf championship at the Hampton Golf Club in Hampton, N.B. Brynn Tomie, also from Bedford, was the only other Nova Scotian to make the cut with a two-day 175.

**HOCKEY** The defending national champion New Brunswick Varsity Reds men's hockey team has signed head

coach Gardiner MacDougall to a five-year contract extension. He has a 153-78-21 regular-season record in nine seasons. **METRO HALIFAX**

**NHL** The New Jersey Devils signed veteran left wing Brendan Shanahan, who is set to return for his 22nd season in the NHL. Per club policy, terms of the deal were not disclosed, but the Newark Star-Ledger reported yesterday that it is a one-year contract. **METRO NEWS SERVICES**



Stanley's 684 Piece Household Kit is available exclusively at Wal-Mart for \$12.99. **METRO NEWS SERVICES**



## Toolkit for all

Stanley recently released the 684 Piece Household Kit, A handy all-in-one kit for the house, cottage, trailer and even college Residence. You'll always know where to find the pieces you need for little chores around the house. The kit contains everything for hanging pictures, shelves, posters, and even your to-do list. See stanleyhardware.com.

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

# Metro Homes

## SuiteTalk

Heather  
Clarke

suitetalkhalifax@gmail.com

Staying in a hotel just isn't like home. One room with two beds and a couple of scratchy chairs — maybe a couch, if you're lucky — is not a place you want to spend your time.

Whether they're on a business trip, getting settled in a new city, or waiting to move into a new house, more people are forgoing hotels and instead choosing to rent a suite for their extended stay.

Canadian company Premiere Executive Suites has multiple suites in the Halifax area. With full kitchens, large living rooms, and little perks like their own washer and dryer, their suites feel more like homes.

Unlike hotel rooms that sometimes fall victim to pink-and-green floral spreads, Premiere Executive Suites regularly "refreshes" the design of their suites, to keep them feeling homey and current.

Suzanne Saul, co-owner



of contemporary home furnishings store Attica, was recently in charge of taking their Bishop's Landing suite and giving it a new life. The space needed to maintain a modern feel — to fit with the contemporary design of Bishop's Landing — but still be warm and homelike.

Saul, who is known for her love of clean lines and contemporary sophistication, chose a colour palette of sand, red, and espresso. "The look is modern, simple, and classic," she says.

What works for a single businesswoman doesn't necessarily work for a family of five, so to keep the suite functional for both visiting executives and families, Saul decided to keep the accessories to a minimum.

This meant it was important that her main furniture selections be "very bold."

"The strong, curved lines of the coffee and side tables dominate the living room," Saul said. "And the curved geometrical elements are repeated in the roundness of the lamps, the convex mirrors above the sofa, the pattern on the carpet, and the round shape of the dining table."

For the master bedroom, Saul knew she wanted to keep it feeling open and airy; she decided against using a traditional dresser — which would have taken up valuable floor space — and brought in a loft canopy bed that

Seen here, left and below, are some shots from a Premiere Executive Suites room in Bishop's Landing.

has built-in storage drawers.

"It has a dramatic design, and the storage makes it a perfect solution for condo living," said Saul. "I placed it against the wall opposite the door, because I like to immediately face the main piece of furniture when I enter a room, whenever possible."

From the snugly sand-coloured living room

couch to the cosy eating area, the Bishop's Landing suite feels just like home ... and that's the idea.

For more information on Premiere Executive Suites, please visit premiere-suites.com.

For more information on Suzanne Saul and Attica, please visit attica.ca.

Heather Clarke is a Halifax-based writer with a penchant for pretty things.

Stay or go,  
reno or new?

## LegalMatters

Elias  
Metlej

metronews.ca/legalmatters

A friend of mine lives in a small house on a large lot in an established neighborhood. His family is growing and he needs more space. However, he doesn't want to leave the fabulous area he calls home. He is now faced with a very common, yet difficult question — does he stay and renovate or move and build a new home?

There are endless considerations when addressing the pros and cons of renovations versus new construction. Most people focus solely on the financial comparison and overlook legal and practical concerns. The following are several issues that should be addressed when making your decision.

The purchase of your new house will likely be contingent upon the sale of your old home. Negotiating your two contracts simultaneously will help avoid conflicts. If you sell your home and the construction of the new one is delayed, you may have to make temporary living arrangements. Or, you may find yourself owning two homes at once. While this may be an expensive option, it is often more practical to complete your purchase before your sale.

Renovation costs may be difficult to determine with certainty. If you buy a new house, you can be sure of the exact costs. As such, financing renovations can be more difficult than arranging a mortgage for a new home.

Looking to the future, property taxes on a new home are typically more than the taxes on a comparable home that was renovated. To calculate the true costs, you should also consider the carbon footprint of renovation versus new construction.

Elias Metlej is a real estate lawyer with the Halifax firm Blois Nickerson & Bryson. You can write to Elias at askelias@yahoo.com

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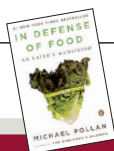




# Deep discount season descends

[illegible]

In Defense of Food: An Eater's Manifesto by Michael Pollan topped the cookbook bestsellers' list last week at Amazon.ca. The Omnivore's Dilemma came in second and Simply Great Food in third. **METRO NEWS SERVICES**



# Food

In 1986, the city of Nanaimo, B.C., held a contest to find the best Nanaimo bar recipe. A recipe submitted by Joyce Hardcastle won and is now known as the official Nanaimo bar recipe.

FOODTV.CA



## Fave flavour?

Today, many variations for the middle layer of a Nanaimo Bar exist — such as cherry, peanut butter, mint and cappuccino.

EDITOR: NINA.DRAGICEVIC@METRONWS.CA

# Hot sandwich, cool bar

Quick and easy summer recipes are only a click away thanks to 20 Minute Supper Club. Find lots of inspiring alternatives to burgers 'n' dogs in the brand-new Grill Guide at 20minutesupperclub.com.

This week's tasty and nutritious meal includes a fresh, tossed Asparagus Salad, followed by a Summer Sausage BBQ Panini Sandwich with Corn Relish, and delicious Nanaimo Bars for dessert. If you don't have a barbecue, you can also use a Panini grill or heavy-bottomed skillet for this recipe.

Nanaimo Bars are satisfying any way you make them, but in the ones pictured we actually doubled the chocolate to get that thick, chocolatey base. The best part about these sweet treats is that you can freeze them easily, and they keep their decadent chocolate flavour.

-CHRISTY PENGILLY

## Asparagus Toss-Up

Recipe Developed by David Grenier.

**SERVES 4-6**  
**PREP TIME: 15 MINUTES**  
**COOKING TIME: 10 MINUTES**

### INGREDIENTS:

- 1 cup instant couscous
- 1 1/4 cup cold water
- 12 spears asparagus, shaved
- 3 peaches
- 1 bunch watercress
- 2/3 cup extra-virgin olive oil
- 1 lemon, juiced (about 1/4 cup)
- 2 tablespoon fresh thyme

- 1 1/2 cup torn buffalo mozzarella
- 1/4 cup pine nuts

### METHOD:

1. In a medium bowl, cover couscous with cold water. Set aside.

2. In a large bowl, combine asparagus shavings, peaches and watercress. Set aside.

3. In a small bowl, whisk together oil, lemon juice and thyme, and toss with asparagus. Fluff couscous with a fork, add it to asparagus and season with salt and pepper.

4. To serve, divide salad among plates and garnish with cheese and pine nuts.

• Chef's Tip: To shave asparagus, lay each spear on your work surface and trim ends. Holding the tip of the spear, run a sharp vegetable peeler along its length to make long ribbons.

## Summer Sausage Panini Sandwich with Quick Corn Relish

Recipe Developed by Paula Bowman.

**SERVES 4**  
**PREP TIME: 10 MINUTES**  
**COOKING TIME: 10 MINUTES**

### INGREDIENTS:

- 2 cobs corn, kernels removed
- 1/3 cup water
- 1/4 cup finely diced red onion
- 3 tbsp apple cider vinegar
- 1 tbsp sugar
- 1/4 tsp crushed red pepper flakes
- 2 tbsp olive oil
- Kosher salt and freshly ground black pepper



Summer Sausage Panini Sandwich with Quick Corn Relish and Nanaimo Bars, inset.

- 1 avocado, halved, pitted, peeled and roughly diced
- 1/4 tsp minced garlic
- 1 16 oz ciabatta bread or 4 individual ciabatta rolls, halved diagonally
- 2 plum tomatoes, thinly sliced
- 8 slices old cheddar
- 1/2 lb thin sliced Mennonite summer sausage or similar summer sausage

### METHOD:

1. Preheat grill to medium-high

2. In a non-stick skillet set over medium-high heat, combine first 6 ingredients plus 1-tablespoon olive oil and bring to a boil. Reduce heat to a simmer and cook until liquid has been absorbed and corn begins to lightly caramelize, about 6 minutes. Remove from heat, season with salt and pepper and set aside.

3. Meanwhile, in a small bowl, combine avocado and garlic and stir in 2-tablespoons olive oil, mash

slightly with a fork, season with salt and pepper and mix well. Lightly brush outside of ciabatta loaf with remaining olive oil and season with salt and pepper. Lay both halves of bread open on a cookie sheet and spread avocado mixture on inside top layer of bread. Cover avocado with a layer of tomatoes, followed by layers of cheese and summer sausage. When corn relish is finished cooking, distribute evenly to bottom layer of bread. Put both halves together and press gently.

4. Transfer sandwiches to a hot grill and cook, pressing lightly with a spatula until crispy on the bottom, about 3 minutes. Carefully turn sandwiches over, using a spatula and continue to cook until crispy and warmed through, about 3 minutes. Use cookie sheet to transfer to cutting board. Cut

sandwich into quarters and serve warm.

## Nanaimo Bars

**SERVES 16**  
**PREP TIME: 20 MINUTES**  
**COOKING TIME: 2 MINUTES**

### INGREDIENTS:

#### Bottom Layer:

- 1/2 cup unsalted butter
- 1/4 cup granulated sugar
- 5 tablespoon cocoa powder
- 2 teaspoon vanilla extract
- 1 egg beaten
- 1-1/2 cup graham wafer crumbs
- 1/2 cup finely chopped hazelnuts (or try pecans, walnuts or almonds)
- 1 cup finely shredded coconut

#### Middle Layer Ingredients:

- 1/4 cup unsalted butter
- 2 tablespoon milk
- 1 tablespoon 35% cream
- 2 tablespoon vanilla custard powder
- 2 cup icing sugar

## Top Layer Ingredients:

- 4 ounce bittersweet chocolate
- 2 tablespoon unsalted butter

### METHOD:

1. Melt first four ingredients in double boiler.

2. Add egg and stir to cook and thicken. Remove from heat.

3. Stir in crumbs, nuts and coconut. Press firmly into a greased 8" x 8" pan. Chill while you prepare the middle layer.

#### Middle Layer:

1. Using an electric mixer, cream all ingredients together, beating well until light in colour.

2. Spread evenly over chilled bottom layer. Place back into fridge to chill while top is being prepared.

#### Top Layer:

1. Melt chocolate and butter in a bowl over a double boiler.

2. Cool slightly — the chocolate should still be pourable.

3. Spread gently over second layer so as not to mix the two layers together.

4. Refrigerate until set.



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## Liquid Assets

**Peter Rockwell**

metronews.ca/liquidassets

## The when-in-doubt wine

A few weeks ago I mentioned that riesling-based wines were one of a number of '70s drinkables making a serious 21st century comeback and it's great to hear that so many of you agree.

I received at least a gigabyte worth of email suggesting the grape makes a happy union with everything from Chinese, Japanese and Mexican dishes to shellfish, poultry and most cheeses.

This ability to accommodate has made riesling the classic when-in-doubt wine. Of course it tastes great on its own, but it really shines when served with food. Also, the fact that it's grown so successfully around the world gives it an international personality (i.e. they don't all taste the same) that makes it even

more appealing to the serious wine enthusiast.

Riesling's first home was Germany and soft, fruity wines like **Lingenfelder's 2005 Bird Label Riesling (\$14.95 - \$18.99)** are the modern face of the grape in that country. Tasting like biting into a juicy green apple; it's truly medium dry with a nice nip of acidity. Australia's **Wolf Blass 2007 Yellow Label Riesling (\$13.99 - \$17.99)** has a bit more of that old school petrol aroma and a refreshingly dry flavour of apple and mineral.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

## Local Savour

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## On the web



## Global Peasant:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Visit [metronews.ca/globalpeasant](http://metronews.ca/globalpeasant) for her recipe for raw nut milk.



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# Style

Fall fashion spectacular! Canada's edgiest model wears the season's top looks, only in ELLE Canada.

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

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## Sweet rebel

When she's not in front of a camera, model Tasha Tilberg keeps it real

By CATHERINE FRANKLIN  
Beauty and Health Editor

I first met Tasha Tilberg 15 years ago, when she was 15 years old. The industry was buzzing about the pixie with the angel face, so I booked her for a fashion shoot to see what all the excitement was about. She was terribly young, and the sample-size clothes swam on her, but her intense gaze, quirky personality and natural beauty won everyone over. I knew that it was only a matter of time before she left Canada for stardom, and, sure enough, she quickly rose to fame in the mid-'90s, when fashion started turning its back on the overexposed supermodels, and the

waifs, including Tilberg, marched in.

Recently, Tilberg was in Toronto as the face of Rides Repair, the new skin-care line from Biotherm. We meet in L'Oréal's busy headquarters, and I was flattered that she remembers me. With her luminous skin, cropped hair and sheer blue Jeremy Laing dress, Tilberg is still gorgeous, but there's no sign of the signature nose ring that used to lend a unique toughness to her fragile frame and delicate face. When I reminded her of her famous accessory, she laughed and shrugged. "I still have it, and I find [the reaction it gets] very interesting," she says. "If I'm walking in an airport and I don't have it in, I get a lot of [unwanted] attention from guys. I get a different level of attention when I wear it. It keeps people away from me. It's like a shield, but I just like it aesthetically."



### Editors' Pick



## THE SNAPPER

An originator of the now familiar "chic people on the street" blogs, Scott Schuman (a.k.a. The Sartorialist) is launching his first book this fall. "Everyone I know says 'I love to people-watch,'" says Schuman. "Technology has just caught up to human instinct. Now we have a digital park bench." His 500-page book contains sections on favourite subjects like Carine Roitfeld and pages devoted to androgyny and personal style. Schuman counts Cary Grant among his own style icons: "I love style with a sense of humour."

## THE WRIGHT STUFF

Amazing to contemplate what Frank Lloyd Wright — who created Fallingwater in the age of blueprints and slide rules — might have built with the sophisticated computer software that contemporary architects, such as Frank Gehry, use to defy mass and stress. Frank Lloyd Wright: From Within Outward is a fascinating compilation of essays, photography and drawings from more than 200 projects.

### Kenya'sStyle

Kenya Hunt

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**Rosie, partner deny break up rumours**

Contrary to tabloid reports, Rosie O'Donnell and longtime partner Kelli Carpenter-O'Donnell are not breaking up. "There is no truth to this — at all," says O'Donnell's rep. **PEOPLE.COM**

**15**

# Entertainment

**Hollywood hunk**

Robert Pattinson was crowned Sexiest Man In The World by a British magazine. The Twilight heart-throb topped the list compiled by Glamour magazine to find the hottest Hollywood hunk.

FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONews.CA

## Anjulie crafts fresh sounds

**Anjulie****Album:** Boom**Label:** Hear/Universal**Rating:** ●●●●●

**CANADA HAS** HAD a long history of breaking big female artists and

its about to do it again. Oakville, Ont.'s Anjulie has been making music for a while, mostly writing for other people including Kreesha Turner, but her debut should catapult her onto the world stage. Her and her songwriting partner, the Philosopher Kings' Jon Levine, have put together a diverse collection of incredibly infectious sounds. While it's centred around R&B grooves, generous amounts of jazz, soul and bossa nova find their way in as well. Picture a more eclectic Nelly Furtado.

Bryan Borzykowski/for Metro Canada

**Watermelon Slim****Album:** Escape from the Chicken Coop**Label:** NorthernBlues**Rating:** ●●●●●

**YOU CAN'T** GET more authentic truck-driving music than this.

Watermelon Slim (a.k.a. Bill Homans) was hauling industrial waste in Oklahoma before deciding a few years ago to devote himself full time to the blues (he's also a Vietnam vet, a former newspaper reporter and a member of Mensa). Slim is a master of the slide guitar and harmonica and he plays the blues like he's lived them. Escape from the Chicken Coop is his first venture into Nashville and he pulls it off with the same grit that he plays the blues. Slim delivers ten original odes to his fellow long-haulers, plus four covers including a sublimely gospel version of Roy Acuff's Wreck on the Highway.

Graham Rockingham/for Metro Canada

**Modest Mouse****Album:** No One's First**Label:** and You're Next**Label:** Epic/Sony Music**Rating:** ●●●●●**MODEST**

**MOUSE IS** no longer an obscure indie rock act, but don't expect their latest disc to get much play. This new EP consists of b-sides and unreleased material that dates back to 2004, and while these tunes have all the elements that have made the band famous, there's a reason these tracks never made albums. They're mostly unfo-

cused — the angry Satellite Skin sounds like a single, but it's about as middling as a rock song can get. The six minute Whale Song is the best thing here, but otherwise this is the definition of filler.

Bryan Borzykowski/for Metro Canada

**Lightning Dust****Album:** Infinite Light**Label:** Jagjaguwar**Rating:** ●●●●●

**IF VANCOUVER'S** BLACK Mountain is renowned for crafting stoner rock, then this second outing from this side project from BM's Amber Webber and Joshua Wells might qualify as stoner pop. At least that's the effect produced from combining Webber's shaky, reverb-drenched warbles with grand and electric pianos, soft background organ, acoustic guitar, spacey strings and the occasional wild drum fill.

Save for the '80s-infused I Knew and goth-inspired Never Need, try imagining the eccentric beauty of an early Stevie Nicks singing in a Ziggy Stardust-era Bowie fashion.

Ian Nathanson/for Metro Canada

**Dead and Divine****Album:** The Machines We Are**Label:** Jagjaguwar**Rating:** ●●●●●**THE COM-**

**FORTABLE** suburban streets of Burlington, Ont., continue to play ground zero for the Canadian emo-punk scene (Silverstein, Boys Night Out, Sydney). Dead

**MusicReviews**

music@metronews.ca

and Divine try to carve out a path for themselves by mixing singalong melody with screamo metalcore and some pseudo-philosophical lyrics about our very essence (Is the stuff that flows through our veins chemical or biological?). This is a well-driven path, however, that is probably due for a detour. Dead and Divine is best at its darkest moments. Fortunately, there's plenty of darkness here especially in tracks like the wonderfully depraved Teeth and the crashing instrumental For Your Health.

Graham Rockingham/for Metro Canada

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Jennifer Aniston is going to prison for her next flick. The actress, 40, will star in *Goree Girls*, based on a true story about an all-female country band that played in a Texas prison in the 1940s. Variety reports. **USMAGAZINE.COM**

**Aniston off to jail for film**

# Paris has, like, lots of besties

Paris Hilton doesn't need a televised competition to find friends, but she says she uses one to give people a chance to be her pal who wouldn't have a shot otherwise.

"Obviously, in real life, I have a lot of friends," she says with a proud giggle. "The show is just a really funny and fun concept."

The bleached-blond member of the family behind the Hilton Hotels Corporation will name her newest confidante on the finale of Paris Hilton's *My New BFF* (that's "best friend forever," for the acronym-incept), this week. The show airs tonight on MuchMusic.

The competition is the second she's held in the United States, although things went sour with the first American victor. After visiting the hometowns of this season's three finalists on last week's episode, Hilton ousted California's Stephen Hampton, the sole remaining male.

Now, the final two pets of Paris — Florida's Stefanie Fritz and Louisiana's Tiniecia Goldsmith — are left to vie for the BFF title,



Paris Hilton will name her new BFF this week.

having outlasted 14 others in hopes of hobnobbing regularly with the heiress.

Whoever wins, Hilton says it's very important she doesn't change who she is when the shimmer of celebrity spills onto them.

"When you come in the

spotlight, anything can happen," she says. "You should never forget who you first were originally."

Among the qualities Hilton said she looks for in a BFF are trustworthiness, a good heart and the ability to humour her.

"I just want somebody who is real and not becoming my friend for any other reasons, to get face time or use me," she says.

And to make sure that doesn't happen? "Maybe I'll tell them a secret ... we'll see if it will get out,

even if it's a big rumour," she says.

But even if it doesn't work out again, perhaps Hilton will keep one of the other contenders in mind. She says that even after the show wrapped shooting, she still socialized with half the cast.

"They came over to my house party," she says. "Everyone this season has just been so much fun. There are so many big personalities in the house. But the person who won, I'm very close to."

# Tough times force ABC soap shuffle

ABC Daytime said on Tuesday it would move production of *All My Children* to Los Angeles from New York in December as part of a cost-cutting plan.

Additionally, *One Life to Live* will move into *All My Children*'s former New York space.

The new facility for *All My Children* is twice as large as its current one. It includes two stages, allows for more standing sets and for an immediate switch to high-definition TV. *One Life to Live* will also expand as its new home is 30 per cent larger than its current space.

*All My Children* will begin taping episodes in Los Angeles the week of Jan. 4, 2010, and will begin airing in HD in February. The move of *One Life to Live* to its new home will take place soon after *All My Children* relocates.

"The move to Los Angeles enables both *All My Children* and *One Life to Live* to dramatically improve the series production models and achieve

## Bubble bursting?

• Once a staple of daytime programming, soaps have hit rough times. Earlier this year, CBS cancelled *The Guiding Light* after a 72-year-run, replacing it with a new version of game show *Let's Make a Deal*.

significant efficiencies while enhancing each show," said Brian Frons, president of the daytime for Disney ABC Television Group.

"We had to examine every option on the table to combat the current economic realities, and rising costs of production, and we are doing it in a way that makes each of our shows stronger," he added.

*All My Children* has been on the air for 39 years, *One Life to Live* for 41.

*All My Children* airs every workday from 1 p.m. to 2 p.m., with *One Life to Live* following from 2 p.m. to 3 p.m. **REUTERS**

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/6/09	31	31	31	ABC	News Center 5	ABC Wild News	Inside Edition	Chronicle	Grey's Anatomy	Grey's Anatomy		Practice
	7	7	7	ASN	The Road to Avonlea		Instant Star	TMZ (N)	Greek 'Barely Legal'	Grey's Anatomy		Practice
	11	11	11	CBC	Coronation St.	Jeopardy!	India Reborn	Culture and economic growth of India.		CBC News: The National		The Hour
	2	2	2	CBC-F	Dre Grey, leçons d'anatomie	Des squelettes	Gars fille	Perdus (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal
	32	32	32	CBS	WBZ News (N)	Evening News	The Insider (N)	Entertainment	Big Brother 11 (Live)	CSI: Crime Scene Invstgtn.		The Mentalist
	69	69	69	CFTM	TVA 18 heures	Sûreté-salé	Dépenses xtr	Marché	Dr. House (HDTV) (SC)	Mollie (HDTV) (SC)		TVA 22 heures
	6	6	6	CHIF	Entertainment	ET Canada	House		Big Brother 11	The Office		News Final (N)
	9	9	9	CJCH	Corner Gas	Hollywood	The Listener (N)	(DVS)	So You Think You Can Dance Winner is announced.			News
	10	10	10	ELTV	(6) EastLink Television				Podium TV	EastLink Television		
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	So You Think You Can Dance Winner is announced.			Fox First
prime time	12	12	12	NBC	NBC News	NBC News	Hollywood	Extra (N)	30 Rock	The Office	30 Rock	Law & Order
	29	29	29	NW	World News	Business	CBC News	Marketplace	The Hour	CBC News: The National		Nature-Things
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Great Performances				Leonard Cohen	Live in London
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	WorldFocus	This Old Hse.	Yankee Shop	Ask This Old	Michigan	ML-5
	68	68	68	TQS	Farceurs	Chemin du golf	Grande fille	Avec Albert	Meurtre à l'église (2005, Suspense)	Tracy Nelson (SC)		Porte-étoiles
	23	23	23	BNN	Business News	Headline	Market Call	Commodities	Business News	Taking Stock		Market Call
	18	18	18	CNN	Situation Room-Wolf Blitzer		Lou Dobbs Tonight		The CNN National Report Card: The Second 100 Days (N)			Cooper 360
	54	54	54	GOLF	Golf Central	PGA Tour Golf	Legends Reno-Tahoe Open -- First Round.		PGA Tour Golf WGC Bridgestone Invitational -- First Round.			
	52	52	52	RSE	Sportsnet Connected		MLB Baseball Boston Red Sox at New York Yankees. From Yankee Stadium in the Bronx, N.Y.					Sportsnet Con.
	55	55	55	SCOR	(6) HSR		Poker	When It Was a Game	Poker Asian Pacific Tour.			Score Tonight
news	45	45	45	SPD	Unique Whips		Pimp My Ride	Pass Time	Pinks -- All Out (HDTV) (N)	Jacked! (N)	Jacked! (N)	Wrecked (N)
	53	53	53	TSN	Off the Record	SportsCentre	WEC WreckCage (N)		2009 World Series of Poker			SportsCentre
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	Monkeybone (2001, Comedy)
	26	26	26	TREE	Wonder Pets	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast
	27	27	27	YTV	The Next Star 2		Drake & Josh	Family Biz	Malcolm-Mid.	Futurama	In Real Life "The Circus"	Comfy Couch
	16	16	16	A&E	Cold Case Files		CSI: Miami (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)	Crime 360 (N)
	70	70	70	APTN	APTN National News (N)		Warriors: TKO	Wapos Bay	By the Rapids	renegadeexpress	Wild Wild West ★ (1999, Action) Will Smith.	
	50	50	50	BET	106 & Park: BET's Top 10 Live (Live)				Class Act ★★ (1992, Comedy) Christopher Reid.			Frankie
	37	37	37	BRVO	Wind at My Back		Storytellers	Camera	Opera Stories 'Fausta'		Crossing ★★ (2005, Suspense), Crystal Buble	
sports	25	25	25	CMT	Totally		Kellie Pickler	Bon Jovi: 22 Minutes	Home Improve.		Reba	Hope & Faith
	49	49	49	COM	Laughs	Comedy Now	Air Force	22 Minutes	Corner Gas		The Simpsons	Comedy Now
	153	153	153	COUR	Truth, Duty, Valour		World's Wildest Police Videos		Cops Uncut	Dumb Criminal		Police Videos
	38	38	38	DISC	How It's Made	How It's Made	Daily Planet		Great White Appetite (N)		Shark After Dark (N)	MythBusters
	34	34	34	HGTV	Holmes on Homes		House Hunters	Property Virgin	Handyman Superstar		Disaster DIY	Big Amazing
	46	46	46	HIST	Lost Inventions		NCIS "Cover Story"		Ancient Discoveries		Lost Inventions	NCIS
	17	17	17	MM	Paris Hilton's My New BFF		One Tree Hill		Degrassi: TNG	Instant Star	Paris Hilton's My New BFF	Video on Trial
	19	19	19	MMM	mmtop10.ca		The Daily Fix		Ranked!		Celebrity Rehab With Dr. Drew	Entourage
	201	201	201	M1	(5:45) Atonement		(7:55) The Chair (2007, Suspense)		Nurse Jackie		Soul Men ★★ (2008, Comedy)	
	48	48	48	OLN	Mantracker		Ghost Hunters		Bounty Hunter		Survivorman	Ghost Hunters
family	51	51	51	PEACH	Seinfeld	Friends	Family Guy	Family Guy	Friends	Friends	Friends	The Ringer
	206	206	206	PIX	(6:40) Shattered (1991, Suspense)			(8:20) Bandito ★★ (1956, Adventure)			The Devil's Own ★★ (1997, Suspense)	
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes		Grands reportages (SC)		Loch Ness Terror (2008, Suspense)	RDI en direct
	39	39	39	SHOW	Trailer Park	Trailer Park	The Outer Limits		Love-Death	Love-Death		Bulging Brides
	40	40	40	SLICE	Chic Couples	Skin Deep	Skin Deep	Til Debt-Part	Last 10	Last 10		
	47	47	47	SPACE	Stargate SG-1 (DVS)		The Listener (N)	(DVS)	Star Trek: Voyager		Aller Siegf ★★ (2005, Science Fiction)	
	14	14	14	SPIKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		UFC's Ultimate 100		TNA IMPACT! (HDTV) (N)	
	98	98	98	STAR	Living the Life	Hollywood	The Ellen DeGeneres Show		TMZ (N)	Hollywood	Paris Hilton's My New BFF	Tonight Show
	21	21	21	TLC	What Not to Wear		LA Ink (HDTV)		Lottery Changed My Life		Police Women of Broward	LA Ink
	56	56	56	34	TROP	North of 60	Traders		Inside Hollywood		Are You Smarter	Family Guy
cable variety	20	20	20	TVS	Que-champion	Journal de Fr2	Destinations	Hep! Taxi	Ciub social		Envoyé spécial	
	28	28	28	V	Ekhaya -- A Family Chronicle		Murder, She Wrote		Wait for God	'Allo, 'Allo!		The Terry Fox Story ★★ (1983, Docudrama)
	60	60	60	97	VIVA	Da Vinci's Inquest	Judging Amy		Most Haunted		The Closer (Part 2 of 2)	Passion
	22	22	22	W	Style by Jory	Style by Jory	Style by Jory	Friends	Divine Design	House	Confidential	Save Us-House
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	Supernatural (HDTV)		Supernatural (HDTV)	WGN News

## critics' corner

### The Office

Dwight's (Rainn Wilson) previously fanatical devotion to Michael (Steve Carell) is tested when he finds a new hero: Charles. Andy (Ed Helms) tries to fulfill Jim's emotional needs. Jenna Fischer, B.J. Novak, Brian Baumgartner and Angela Kinsey co-star in "Heavy Competition." 10 PM on C/HF NBC



### 30 Rock

A dazzled Liz (Tina Fey) invites her idol, Rosemary Howard (guest star Carrie Fisher), to be a guest writer, but the radical sketch ideas Liz once admired are far too controversial for the show. Kenneth (Jack McBrayer) must compete in a "page-off" to keep his job after Jenna (Jane Krakowski) ruins his uniform jacket. Scott Adsit and Judah Friedlander also star in "Rosemary's Baby." 9 PM on NBC

### The Mentalist

Patrick Jane (Simon Baker) sets a "mental trap" to catch a killer after a high-school football star is murdered and a self-styled witch says she put a death spell on him for killing her cat. Colby Paul, Azura Skye and Michael McGrady guest star in "Red Rum"; Robin Tunney, Tim Kang, Owain Yeoman and Amanda Righetti also star. 11:01 PM on CBS

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WITTNAUER  
SWISS







Kim Kardashian isn't just sitting around after her breakup with Reggie Bush, people.com reports. According to her sister, Kourtney, the reality star is making a life change. "We actually went looking for houses yesterday," she told Ryan Seacrest Wednesday. **METRO NEWS SERVICES**

## Celebrity Buzz

### Baby on the way for Penelope

**PREGNANCY** Penelope Cruz is having Javier Bardem's baby, a source confirms to Just Jared. "Penelope is about four months pregnant," the source said. "She's really healthy now and will be a great mother."

METRO  
WORLD  
NEWS



GETTY IMAGES

### Some father, Ryan's son says

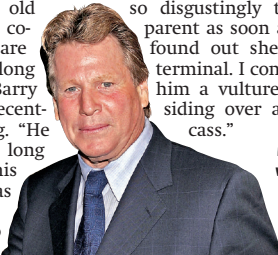
**FAMILY FEUD** More tales of Ryan O'Neal's questionable parenting are surfacing. His oldest son, Griffin O'Neal, remembers when his father first introduced him to illicit drugs.

"I was 11 years old when he gave me cocaine and said we are going to see a long movie called Barry Lyndon," Griffin recently told Larry King. "He said, 'It is a very long movie. Maybe this will help you.' I was 11."

Griffin also

doubts Ryan's displays of grief over the recent death of Farrah Fawcett. "All those crocodile tears. My dad's only goal was to make sure he would be in the will," he said. "It was so disgustingly transparent as soon as he found out she was terminal. I consider him a vulture presiding over a carcass."

METRO  
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### Paula ditches Idol ship

**CAREER CHANGE** It looks like American Idol will return in January without one of its founding judges.

Paula Abdul announced on Twitter that she won't be returning to the hit series.

"With sadness in my heart, I've decided not to return to Idol. I'll miss nurturing all the new

talent, but most of all being a part of a show that I helped from day one become an international phenomenon."

Idol's studio, Fox, released a statement saying they are "saddened that she has decided not to return to the show."

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### Dustin sues over sex pictures

**DAMAGE CONTROL** Screenwriter Dustin Lance Black is suing a website that published X-rated photos of him and an ex-lover, according to Page Six.

Black is seeking \$3 million US in damages from starzlife.com over invasion of privacy, copyright infringement and violation of the right of publicity. Black says he thought his ex-boyfriend had deleted the photos long ago.

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### Jessica takes breakup badly

**OVERREACTING?** Jessica Simpson takes breakups very seriously. The singer, who recently split from football star Tony Romo, even compares getting over a breakup to a mourning process.

"You go through the mourning stage, then the rebellion, and then all of a sudden

you have to find life by yourself," Simpson said, according to Hollyscoop.

"Once you do that, you feel complete — and that's the only time you can truly fall in love again, and give yourself over completely to another person. It's like a death in the family."

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### I could've been Brit: Ashley

**REFLECTIONS** Growing up in the spotlight, Ashley Olsen is glad she's ended up on an even keel. "I look at Britney Spears, and I'm surprised I didn't end up like her," Olsen told Marie Claire in its new issue.

A television star even before she and her twin sister, Mary Kate,

could talk, Olsen remembers her childhood schedule being beyond busy. "It was almost like I was in the Army: School, work, homework, fly to New York, get in at two in the morning, do a morning show at 5 a.m., then another one at 7, then a radio interview at 10."

METRO  
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NEWS



### Taylor a short but sweet fling

**TEENAGED LOVE** Selena Gomez confirms she is no longer dating Twilight star Taylor Lautner, us-magazine.com reports.

"He's a great guy. But I am 100 per cent single, and I'm going to keep it that way for a while," she told Seventeen.

She says they met this year in Vancouver

while he was working on New Moon and she on Ramona and Beezus.

"We would go out to lunch and dinner, but I knew he had paparazzi following him and I had paparazzi following me," she recalled. "But it was fun ... It ended up being the best thing ever," she said.

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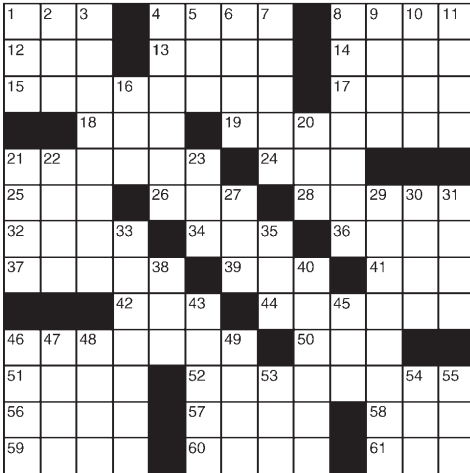




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## Take Five



### ACROSS

- 1 Elmer, to Bugs
- 4 Prison
- 8 Tiers
- 12 Gabor or Peron
- 13 Relaxation
- 14 Send forth
- 15 "The island of romance," in song
- 17 Baseball team
- 18 Do sums
- 19 "Rockabye Baby" site
- 21 Russian wolfhound
- 24 Tend the lawn
- 25 Mound stat
- 26 "— Miniver"
- 28 Cheesy chip
- 32 Dracula's usual target
- 34 Conger, e.g.
- 36 Reclined
- 37 Clan emblem
- 39 — tac-toe
- 41 Sleuth
- 42 Addressee
- 44 Procession
- 46 Constricting snakes

### DOWN

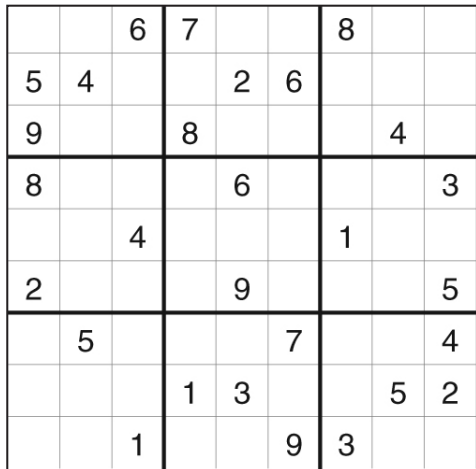
- 1 Year-end abbr.
- 2 Eventual aves
- 3 Waterfall
- 4 Hardly ever
- 5 — chi
- 6 "It — Fair"
- 7 Get more ammo
- 8 Cancellation's opposite
- 9 Leave out
- 10 Drunkard
- 11 Put one's foot down?
- 16 Wood-shaping tool
- 20 A billion years

- 21 Crooked
- 22 Sandwich treat
- 23 Anger
- 27 Prepared
- 29 Underground cemetery
- 30 Wasted no time
- 31 Erstwhile
- 33 Peeper's place?
- 35 Pitcher part
- 38 Dr. Seuss' "Mr. Brown Can —! Can You?"
- 40 Cellist Pablo
- 43 Open a bottle
- 45 Cath. or Prot.
- 46 Clear of snow
- 47 Bygone times
- 48 Ski lift
- 49 Moviedom's "Elephant Boy"
- 53 Sawbuck
- 54 Earth (Pref.)
- 55 Pigs' digs

### Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	8	1	9	6	4	5	2	7
6	9	5	3	2	7	8	4	1
2	7	4	1	5	8	3	6	9
4	5	2	6	3	1	9	7	8
8	3	6	4	7	9	2	1	5
7	1	9	2	8	5	4	3	6
1	6	8	5	4	2	7	9	3
9	4	7	8	1	3	6	5	2
5	2	3	7	9	6	1	8	4

### On the web

For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)



### Metro Recipe of the Day



### Apples, Avocado and Balsamic Chicken Salad

Submitted by Melanie Glenwright, Winnipeg.

#### INGREDIENTS:

- 4 boneless, skinless chicken breasts
- 3 tsp olive oil
- 1/3 cup balsamic vinegar
- 1/2 cup chicken stock
- 2 tbsp sugar
- 1 clove garlic, crushed
- 1 tsp dried Italian seasoning

#### BALSAMIC VINAIGRETTE:

- 1/4 cup balsamic vinegar
- 2 tsp dark brown sugar, optional
- 1 tbsp chopped garlic
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper
- 3/4 cup olive oil

#### SALAD:

- 4 cups baby spinach leaves
- 1 tbsp dried cranberries
- 1 tbsp chopped salted pecans
- 1/2 apple, cored and diced
- 1 tbsp diced red onion
- 2 tbsp grated carrot
- 1/2 avocado, peeled and diced

#### METHOD:

Set chicken in a shallow bowl. Add combined vinegar, chicken stock, sugar, garlic and seasoning. Marinate chicken 10 minutes on

### submitted by a Club Member!

each side. Remove chicken and set marinade aside. Mix vinaigrette ingredients in small bowl and chill. Place marinade in small saucepan and bring to a boil. Reduce heat to low and simmer. Assemble spinach, cranberries, pecans, apple, onion, carrot, and avocado on plates and chill. Briefly heat olive oil in a large skillet over medium-high heat. Add chicken, and cook each breast 4 minutes each side (or until browned). Add marinade to skillet and continue cooking 3-4 minutes, turning breasts until cooked through. Pour vinaigrette on salad then top with warm chicken. Serve.

**SERVES 4**  
**PREP TIME: 20 MINUTES**  
**COOK TIME: 10 MINUTES**



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### Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)

For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

#### ARIES

**MARCH 21-APRIL 20**  
You must not limit yourself in any way, shape or form. Be active, be ambitious and be the one who always seems to make things happen.

#### LIBRA

**SEPT 23-OCT 23**  
This is a good time for friendships and social activities but watch you don't spread yourself too thinly. There is only so much of you to go around.

#### TAURUS

**APRIL 21-MAY 21**  
You may have to get tough with someone you love today but if you don't do it now they will make a huge mess of things later on.

#### SCORPIO

**OCT 24-NOV 22**  
You won't reach certain targets without assistance, so look for people who can give you a leg up. Someone will be glad to help you if you ask them.

#### GEMINI

**MAY 22-JUNE 21**  
Cosmic activity makes it easy for you to win others over to your way of thinking. That does not mean that your way of thinking is right.

#### SAGITTARIUS

**NOV 23-DEC 21**  
Everything is going well for you now and life will be even more enjoyable over the next few days. You don't have to make much effort right now.

#### CANCER

**JUNE 22-JULY 22**  
In the next few days you will get an offer that's hard to turn down. It will mean more work, but also more prestige and, in the long term, more money.

#### CAPRICORN

**DEC 22-JAN 20**  
The sun in Leo puts the emphasis on your long-term wealth. Over the next few weeks you'll be more adventurous financially — but don't risk everything.

#### LEO

**JULY 23-AUG 23**  
Look out for your own interests today and ignore those who say you're being selfish. Something special will happen over the next 24 hours.

#### AQUARIUS

**JAN 21-FEB 18**  
If you have fallen out with a partner, loved one or friend, or even someone you work with, make it a priority today to get back on good terms with them.

#### VIRGO

**AUG 24-SEPT 22**  
Today's lunar eclipse may tempt you to give up on something that's taking up time and energy, but if you stop now you will regret it later. Keep at it.

#### PISCES

**FEB 19-MARCH 20**  
Someone you work with will be aggressive today but you must not be aggressive in return, or your relationship will be irrevocably damaged.

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BY TRICKY RICKY KANE  
Every answer is a rhyming pair of words (like PAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Possess a traffic pylon (1)
2. Noontime meal gang (1)
3. Drill a hole into a room bottom (1)
4. Combining-of-companies advocate (2)
5. Negatively reviewed a rope of pearls (1)
6. Group spirit in a livestock pen (2)
7. Singer Houston's small buses (2)

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